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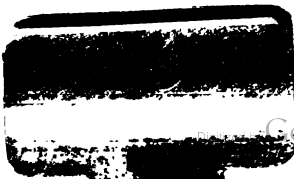
HOCKEY AS A GAME
FOR WOMEN



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The Wallet Series

HOCKEY AS A GAME FOR WOMEN

BY

EDITH THOMPSON

SECOND EDITION

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CALIFORNIA

LONDON

EDWARD ARNOLD

41 & 43 MADDOX STREET, W.

1905

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TO .VIMU
AIRBORNE

PREFACE

It is, fortunately, no longer necessary to speak apologetically of the girl who is fond of outdoor games. She is now a recognized personality of the twentieth century ; and this being so, we may perhaps admit that time has done a good deal towards smoothing down some of her rough edges—for the athletic woman of twenty years ago was really rather a terrible person.

The devotees of hockey have had a good deal of opposition to surmount, for it was declared 'unlady-like and dangerous' long after golf had been condoned, but during the last few years most people have become reconciled to the game. The best way of treating the remnant who still consider the lady hockey-player 'unsexed' is to take them to watch a first-class match. They will probably be much surprised to find that the players are dressed neatly and becomingly, that their skirts are not indecently short, and that they do not shout nor knock each other down, and from that day forward they will say little more to the discredit of the game. As for the

dangers of hockey, they are reduced to a minimum if the rules are adhered to and the game played properly. 'Mixed' hockey—a game in which both men and women take part—is undoubtedly dangerous, as well as being simply a burlesque of the real game, and the associations governing both the men's and women's game have steadily discouraged it.

Hockey cannot, of course, be recommended for those who are delicate, as it must entail a considerable amount of exertion, but for the average girl there is no doubt but that it is excellent exercise, and that both mentally and physically she will greatly benefit by a good game once or twice a week—always providing that she be suitably dressed, and takes ordinary precautions to avoid cold and overfatigue. Of late years it has been very generally recognized that combined games of some sort should form an important part of the curriculum of every good girls' school, as they have always done in boys' schools. Schoolmasters and all interested in education have testified over and over again to the good effects on boys of cricket, football, and games of the kind, and that the practice of these tends indubitably to encourage self-control, self-reliance without undue confidence, unselfishness, and good-fellowship.

Although it was discovered long ago that all work

and no play made Jack a dull boy, it has, apparently, only just occurred to the authorities that subjecting Jill to the same course of treatment tends to a like result. But now that they are alive to this fact, everything possible is being done to promote athletics among girls. Experience has proved that hockey is, on the whole, the game best suited to them, and most likely to engender the qualities enumerated above, although for the summer months cricket has been found an excellent substitute. That interest in the game, apart from the various schools and colleges, is steadily on the increase seems conclusively proved by the fact that more than 3,000 people witnessed the last international match between the ladies of England and Scotland. Much of the good esteem in which hockey is now held may be attributed to the wise rule of the various Ladies' Hockey Associations, which have shown considerable tact and discretion in dealing with the questions that from time to time have come before them.

E. T.

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HOCKEY AS A GAME FOR WOMEN

CHAPTER I

THE GROWTH OF THE GAME

SINCE the object of this little book is to deal with the game of hockey only in so far as it concerns lady players, it is unnecessary to go back very far into the past to trace its history, for it is only during the last eighteen years that the game has been seriously taken up by women.

To a certain extent, the men's game as we know it now can hardly claim a much greater antiquity, for although, no doubt, the modern development of the ancient Irish game of hurley—or, as some authorities declare, of the old French game of hoquet—until some twenty years ago it was little known, and it is only since about 1885 that it has come to be recognized as one of the national games. From that time, both for men and for women, it has progressed very rapidly and on very similar lines, the latter as a rule being only a few months behind in the institution of international, territorial, and county matches, and in other progressive measures.

Early Attempts at Organization.

Since Ireland is generally considered the birth-place of the original game, it seems only fitting that from Ireland also should come the first attempt at organizing the women's game ; but although the **Irish Ladies' Union**, founded in 1894, is the oldest association of the kind, the honour of possessing the first ladies' hockey club belongs to England.

The **Molesey Club** was started in 1887. In the following year a second club was formed at **Ealing**, and **Wimbledon** soon afterwards made a third. At the present time this last club may claim the distinction of being the oldest in existence; for although there are still clubs at Molesey and Ealing, they have no connection with the original ones. A species of hockey has been played for nearly twenty years at the women's colleges at **Oxford** and **Cambridge**, Oxford starting first in 1885 with ash sticks and a string ball : the inter-University match dates only from 1894.

After this promising start, however, the game made feeble progress among women in England, but was rapidly gaining popularity in Ireland, and in 1894, only a few years after the Irish Hockey Union had been formed in the interests of the men's game, the **Irish Ladies' Union** was started.

In the Christmas holidays of the same year Alexandra College invited a team of players from Newnham over to **Dublin**, where they stayed a week and played four matches. During their visit they heard a great deal about the newly formed Union, and came home fired

with the desire to form something of the same kind in England, and if possible to arrange an annual match between the two countries.

The first international men's match took place a few months later in London, and the Irish ladies were very anxious to bring over their team also. Most of the English clubs were consulted, with the idea of forming an association to control international contests; but none of them seemed anxious to take the initiative, and it was finally decided that in the absence of all organization it was quite impossible to make any proper arrangements in so short a time, but that a team of some sort should be got together to meet the Irish ladies.

Accordingly, on April 10, 1895, sides nominally representing England and Ireland met at **Brighton**, when the game resulted in a pointless draw. The visiting team was practically the Alexandra College XI., and the English players were mainly drawn from the Wimbledon, Molesey, and Roedean School, Clubs. After the match a preliminary meeting was held at Brighton, when the first step towards forming the association was taken.

Formation of the A.E.W.H.A.

The chief instigators of this movement were Miss Lawrence (now Mrs. Cope Cornford), Miss Jameson, and Miss Johnson, the last-named of whom has been prominent in every development of the game that has since taken place, as well as being, in her time, its finest exponent.

The first formal meeting of the **All England Women's Hockey Association**, more familiarly known as the A.E.W.H.A., was held at the Westminster Town Hall on November 23, 1895, when Miss Faithfull, the head of the ladies' department of King's College, London, was elected President, a post which she has filled most capably ever since. It was unanimously agreed to accept a proposal from the Irish ladies to institute an annual international match between the two countries, to take place alternately in London and Dublin, and it was decided that the first match should be played in Dublin in the spring of 1896. Nine clubs joined the association.

International Matches.

From this time progress was very rapid, the match with **Ireland** duly became an annual event, and in October, 1897, a challenge was received from Wales, who were anxious to get up a scratch team to play the English XI. on its way to Ireland. This was not found possible at the time, however, and a match against **Wales** did not take place until two years later.

In November, 1897, it was decided to inaugurate a **North v. South** match, mainly in order to help the selection committee in choosing the English XI., and these teams met for the first time at Wimbledon in February, 1898.

In the same year permission was given to the Northern and Midland counties to form branch associations which should be affiliated to the central body.

County Teams started.

In the spring of 1899, four years after the association was formed, it had a following of fifty-two clubs and two affiliated branches. To this season belongs the inauguration of **county matches**. The question had been discussed a year before, and an attempt had actually been made to raise a few county teams, Surrey, Sussex, Lancashire, and Cheshire, having already taken the field. It was felt at the time, however, that this was somewhat premature, and even when the movement received official sanction, a few of the Northern and Southern counties were the only ones to avail themselves of the permission. Two years later the Midland counties followed their example, and at the present time there are only four English counties without regular teams, and of these two are occasionally able to put a scratch eleven into the field.

Welsh and Scottish Associations.

In the season 1898-99 the **Welsh** ladies decided that the time had come for them to follow in the steps of their English and Irish sisters, and to start an association of their own, although they were on a somewhat different footing, having been affiliated hitherto to the Welsh Hockey Association. However, an independent association was soon established, and a match at once arranged with Ireland. In order to choose an eleven, two teams, nominally representing North and South Wales, were got together. The

first **Wales v. Ireland** match was played at Llandudno in March, 1899, and since then that match and the **Welsh North v. South** have been annual events. The association is now divided into two branches, North and South Wales, and both have lately shown considerable wisdom in organizing inter-collegiate and inter-school matches to encourage young players.

In February, 1900, the **Scottish Women's Hockey Association** was formed, and the following April the international team first took the field, playing Ireland at Dublin. Some years previously to this, however, inter-city matches between teams representing Edinburgh and Glasgow had been played, and a **North v. South** match had been instituted. The latest innovation is the 'district' matches, which practically correspond to the English 'territorial' and the Irish 'inter-provincial,' each country being divided into four districts or territories. There are still comparatively few clubs in Scotland, but most of the large towns are active centres of the game, and it is undoubtedly becoming increasingly popular each year.

Progress of the A.E.W.H.A.

All parts of the British Isles being now actively interested in the game, it was felt that some effort must be made to keep them in touch with each other, and in 1901, with this object the *Hockey Field* was started under the auspices of the A.E.W.H.A., as the **official organ** of the various associations. Its scope, however, is in no way limited to their

proceedings, but it attempts to deal with ladies' hockey in its entirety, and there is little doubt but that it has done a good deal to promote unity and to increase the *esprit de corps* and good fellowship of the game.

The following year, 1902, was a most eventful one for the game in England, for it witnessed the affiliation of the **Western counties**, and the formation of the **Southern Counties Association**. The Western counties had pursued an independent existence for two or three seasons, but finally decided to join the association, bringing with them a following of seven counties and fifty clubs. The formation of the Southern Association was an instantaneous success, ninety-four clubs enrolling themselves at the first opportunity; at the present time it has a following of 134.

The more recent history of the A.E.W.H.A. is simply one of steady progress, unmarked by any particular event, and the association entered upon its tenth season in October, 1904, with a list of four territories, 34 counties, 300 clubs, and about 10,000 playing members. Besides these there are, of course, a very large number of unaffiliated and private clubs, the total number in the British Isles, including the affiliated, non-affiliated, and mixed clubs, being estimated at over 1,000. There are only about half as many men's clubs.

Hockey in Ireland.

Meanwhile the **Irish Ladies' Hockey Union** has been advancing steadily, though by no means so

rapidly as the A.E.W.H.A. At first the game centred almost entirely round Dublin, but in 1896 a Northern branch was formed in Ulster, which two years later joined the I.L.H.U. In 1899 Munster followed their example, and last year Connaught also joined. Inter-provincial matches have been instituted since 1897, there are several challenge cups and shields open for provincial and club competition, and most of the clubs belong to the various leagues which exist in each province. In their encouragement of league matches and other competitions of the kind, the Irish Unions, both the ladies' and the men's, differ very widely from the English associations, who have steadily declined to allow anything in the nature of competitive matches to be played under their jurisdiction.

Hockey in Holland.

During the last two or three years a new and very pleasant development has arisen, owing to the Dutch ladies having become keen followers of the game. Clubs have been started at Haarlem, the Hague, Rotterdam, Amsterdam, and in Guelderland, and although the Dutch game differs from ours in several important respects, yet excellent matches have been played between the English and Dutch ladies, and an English team has twice made a most enjoyable tour in Holland, while this last autumn the Haarlem ladies made a short tour among the London clubs. The introduction of the game among the Dutch may be mainly attributed to the energy and enterprise of Mev. Van de Poll, the President of the Haarlem Club.

CHAPTER II

EQUIPMENT AND DRESS

HOCKEY is usually considered a cheap game, and the beginner is apt to think that, having provided herself with a stick and paid a very moderate subscription, her expenses for the time being are over. She will soon find out her mistake.

Outfit and General Expenses.

Let us suppose that her **stick** and the **subscription** have cost 10s. each. After a few practices she decides that **pads** are necessary, and invests in a pair at 3s. Soon after, as winter comes on and the grounds get in bad condition, a pair of special hockey **boots**, costing 12s. 6d., seems essential. Some weeks later she is given a place in the club team, and is obliged to get the club **uniform**, which consists of a blouse and skirt, tie, hat-band and badge, for which she will have to pay at least £1 15s. Even now, however, her outfit is not quite complete, as she will find, when travelling to and from matches, that a thick **jersey**, price 10s. 6d., is invaluable. And then a **bag** to carry her impedimenta becomes necessary, and costs another 5s. Lastly comes the heavy item of **railway fares**, which at the lowest estimate amount to at least £4 during the season. So that it will be seen that even on this very moderate computation the expenses of the first season's hockey have reached nearly £8.

The Stick.

Upon being enrolled a member of a hockey club, the beginner's first impulse is to buy a **stick**. This is a great mistake, as the selection should be left until the player has learnt enough about the game to know what kind of implement is likely to suit her. She can borrow an old one for the first few practices, and then when her place in the field has been more or less determined she will be better able to make her choice.

Cheap sticks are very bad investments, for as a rule they will not last one season, whereas a good stick by one of the best makers should last at least two years. They are sold at all prices, from about 3s. 6d. to 14s., but 10s. ought as a rule to be enough to pay.

The purchase of a stick should not be hurried over, neither should the buyer make her choice from only one or two; she should see specimens of all the best makes, and test their balance carefully. The best wearing sticks are those with a *wide grain* which follows the line of the curve. The chief weight or 'bulge' should lie directly behind the spot where the ball is to be hit; the junction of the splice and the head should be carefully examined, as they must join exactly without leaving the smallest crack.

The pliancy of the *handle* should be tested by pressing it strongly in the middle, when it should bend easily. The handle is of considerable importance, as a player often becomes so fond of it that

she has a new head attached rather than discard the familiar handle.

Care should be taken not to spoil the balance when adding *rubber rings* or covers. The former are to prevent opponents' sticks from slipping up the handle, and will often save the knuckles from a nasty knock, but they should not be too heavy, and a small ring answers the purpose quite well. As the glued string with which handles are usually covered is apt to get very sticky in wet weather, some kind of *cover* is advisable. These are made in all kinds of materials, and perhaps the best is of wash-leather, which should be bound or glued very tightly over the string.

If sticks are to wear well, they must receive kind **treatment**. They should not be put away covered with mud, but should be wiped carefully after the game, and the next day, when quite dry, put for a few hours into a bath of linseed-oil. On a wet afternoon, too, the stick should be rubbed over with oil before being used. After a time the grain of even the best sticks begins to peel off, and there is really no remedy for this, the popular plan of having the damaged spot bound round with string or sticking-plaster being almost useless ; for, as the wood has naturally begun to wear at the place where there is most strain upon it, the string or plaster is probably cut through in one match. Besides this, the binding is apt to spoil the balance, to make the stick wider than the regulations allow, and by absorbing and retaining the moisture and mud to add unduly to the weight, and to rot the wood underneath. The only really effective remedy

is 'pegging,' and this should be done when the stick is almost new, before the peeling has really begun.

The *weight* of the stick is, of course, an important point, and must be largely determined by the fancy of the player, though a good deal also depends on what position she intends to fill in the field. The best average weight for a lady is about 21 ounces; forwards may, if they like, have as light a weight as 19 ounces, while 24 ounces ought to be quite heavy enough for any full-back or goal-keeper.

It is difficult to make a definite statement as to the correct *length* of a stick, and the best way to decide this is to make imaginary strokes with sticks of varying length, and to select the one which feels most comfortable. A forward's stick should be rather longer than that of a back or half, as a longer reach is advisable. To speak roughly, a player holding her stick well at the end of the handle should be able to hit a ball lying just in front of her without bending her body. Sticks can, of course, be cut shorter at any time if wanted, but this is always a somewhat doubtful experiment, as any such tampering with the implement is liable to affect its balance. Avoid a stick which has a very abruptly curved head, as these give little playing surface, and often have quite 2 inches of superfluous wood at the end.

Dress.

The **uniform** is now rightly considered a matter of some importance, and the once prevalent idea, that 'anything is good enough for hockey,' is, fortunately,

a thing of the past. Modern players fully recognise that to turn themselves out as neatly and smartly as is consistent with common-sense is a duty they owe to their club in particular, and to the whole game in general. The associations have laid down certain regulations with regard to dress, and these, of course, must be strictly adhered to. Besides this, nearly all clubs issue very definite directions as to their various uniforms—the material of the blouse and skirt, and even the exact pattern of collar, being decided by the committee—so that very little is left to individual choice.

Many players declare that they cannot wear **stays**, but there are now so many excellent patterns made, specially adapted for athletes, that there is no real reason why they should not.

As a general principle, the fewer clothes worn during the game the better, and if possible these should be of flannel, except the **knickerbockers**, which should be particularly well cut and nicely fitting, and of the same material and colour as the skirt. Petticoats are, of course, quite out of the question.

Some trouble should be taken to get a satisfactory **skirt**, as on the cut and hang of this depends very largely the player's comfort, her running powers, and general appearance. It may be definitely stated at once that no old skirt 'cut down' or 'turned up' will properly answer the purpose, and, as a hockey skirt is too short for ordinary wear, it should be made to suit the requirements of the game alone, and with no ulterior motives of any kind. The one unforgiveable

sin is a skirt which 'dips' at the back, and in order to avoid this it is well to start with it slightly longer in front, as it is sure to drop a few inches at the back. It should be well gored in front to prevent its rucking above the knees when running, and it will be found an excellent plan to have the front breadth lined with silk, as this will also keep it from riding up. Skirts should, if possible, be made of serge or some other material that will wash, as on a wet ground they may often get too muddy to be easily brushed. The material for the **blouse** is, as mentioned before, usually decided by the club; but it should be of some unshrinkable woollen material, and, of course, washable. It should be as simply made as possible, with loose sleeves to allow the arms free action, but not necessarily unfashionable.

Linen **collars** are now almost universally worn, and although, strictly speaking, they are not very suitable, there is no doubt but that they look very much nicer than anything else. With a very light-coloured blouse a collar of the same material may be worn, but as a rule a white collar is much neater.

The choice of a useful pair of **boots** should not be difficult. No player should wear shoes, least of all tennis shoes, for the feet are certain to get considerably bruised, and in wet weather it is difficult to avoid slipping in indiarubber-soled shoes. An ordinary strong pair of walking boots with square toes and low heels, with the addition of some light bars or rubber studs, will answer the purpose admirably, though boots specially designed for the game, with a

little padding on the toes, ankles, and instep, can be bought very cheaply.

Pads are a useful though not always essential addition to the outfit, and the pattern called 'Skeleton' will be found the lightest and easiest to run in, though for goal-keepers and backs the ordinary more solid make is perhaps better.

Woollen stockings should always be worn, and a loose pair of **gloves** will be found a great protection to the hands. Those made of wash-leather and called 'housemaid' answer most purposes, though a goal-keeper will do well to invest in regular hockey gloves.

As a rule, players do not wear anything on their heads, though some clubs include a **tam-o'-shanter** as part of their uniform. The hair should be done as neatly as possible, and all possible precautions taken to avoid its coming undone during a match: hair-nets will be found invaluable.

So much for the various articles and implements required for the game itself; now a few words on 'extras.'

As it is best to be lightly clad when actually playing, it is all the more necessary to be warmly wrapped up when the game is over. For this purpose there is nothing more comfortable than a woollen **jersey**, and most players prefer the ordinary 'sweater' to the more fashionable knitted golf-jacket. The wrap, whatever it may be, should be put on immediately the game ends, under the coat and over the blouse.

In order to carry the jersey, boots, pads and stick

to the ground, it will be found convenient to have some kind of bag, the best being a light canvas hold-all, especially intended for hockey-players, which has straps outside to hold the stick. This will also hold a skirt if necessary, though most players prefer to wear their hockey skirt underneath the ordinary one when travelling to and from matches. An extra pair of stockings should always be taken, in case of rain during the game, and a second blouse if possible.

CHAPTER III

THE RULES

THE Rules of the game as authorized by the All England Women's Hockey Association are in all essentials the same as those issued by the men's association, the only difference being the few regulations as to dress mentioned in the last chapter. They are revised from time to time by the council, and a new edition is issued every season. The following are the rules published for the season 1905-06.

1. **TEAMS.**—A game of Hockey shall be played by two teams of 11 players. The correct constitution of a team is five forwards, three half-backs, two backs, and a goal-keeper; but this formation shall not be compulsory. The duration of the game shall be 70 minutes (unless otherwise agreed by the respective captains), half-time being called after 35 minutes' play, when the teams shall change ends.

2. **CAPTAINS.**—The captains shall (1) toss for choice of ends;

(2) act as umpires, if there be no umpires ; (3) agree whether the umpires give decisions on appeal ; and (4) indicate the goal-keepers for their respective teams before starting play, and after any change of goal-keeper.

3. GROUND.—The ground shall be rectangular, 100 yards long, and not more than 60 yards, nor less than 50 yards wide. The ground shall be marked in white lines in accordance with the annexed plan ; the longer boundary lines to be called the side lines, and the shorter boundary lines to be called the goal lines. A flag-post shall be placed for the whole game at each corner, and any other flag-posts must be a yard outside the ground. All flag-posts shall be at least 4 feet high.

4. GOAL POSTS, ETC.—A goal shall be in the centre of each goal line, and shall consist of two posts four yards apart (inside measurement), joined together by a horizontal cross-bar 7 feet from the ground. The goal posts shall not extend upward beyond the cross-bar, nor the cross-bar sideways, beyond the goal posts. The posts shall be 2 inches square, and the cross-bars shall have rectangular edges. Nets shall be attached to the posts, cross-bars, and to the ground behind the goals.

5. STRIKING CIRCLE.—In front of each goal shall be drawn a white line four yards long, parallel to, and fifteen yards from the goal line. This line shall be continued each way to meet the goal line by quarter circles, having the goal posts as centres. The space enclosed by these lines and the goal lines, including the lines themselves, shall be called the striking circle.

6. BALL.—The ball shall be a leather cricket-ball, painted white, or made of white leather.

7. STICKS.—A stick shall have a flat face on its left-hand side only, and shall have no metal fittings, or weights, or sharp edges, or dangerous splinters. Each stick must be of such size that it can be passed through a 2-inch ring. An indiarubber ring, 4 inches in external diameter when on the stick, may be used ; but, all fittings included, the total weight must not exceed 28 ounces.

Penalty.—Umpires shall prohibit play with a stick which does not comply with this rule.

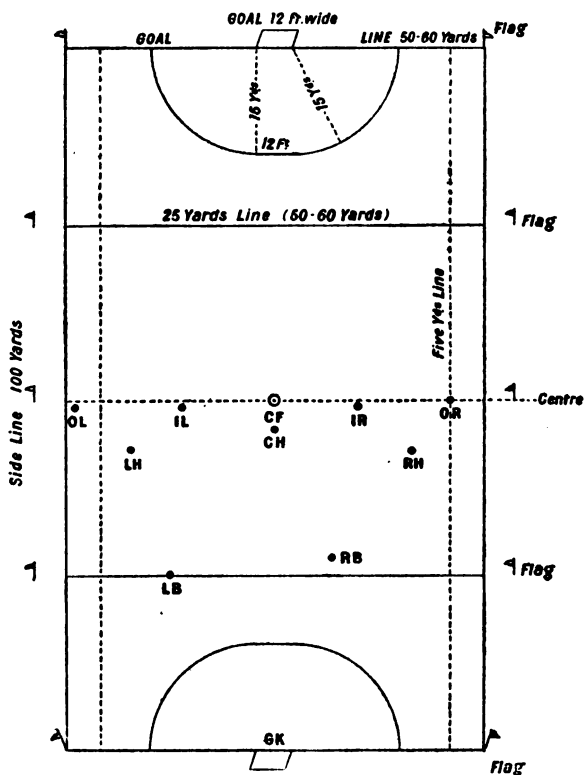
8. SPIKES ON BOOTS, HAT-PINS, ETC.—No player shall wear hat-pins, or sailor or other hard-brimmed hats, or have any metal spikes or projecting nails in boots or shoes. The skirt shall be at least 6 inches from the ground all round.

9. BULLY-OFF.—The game shall be started by one player of each team together bullying the ball in the centre of the ground (and after each goal and half-time). To bully the ball each player shall strike the ground on her own side of the ball, and her opponent's stick over the ball, three times alternately ; after which one of these two players must strike the ball before it is in general play. In all cases of bullying, the two players who are bullying shall stand squarely facing the side lines. Every other player shall be nearer to her own goal than the ball is (except in the case of a penalty bully).

Penalty (WITHOUT APPEAL)—For any breach of this rule the 'bully' shall be taken again.

10. GOAL.—A goal is scored when the whole ball has passed entirely over the goal line under the bar, the ball, whilst within the striking circle, having been hit by or glanced off the stick of an attacker. Should the goal posts or bar become displaced and the ball pass at a point which, in the opinion of the umpire, is between where the posts or below where the bar should have been he shall give a goal.

11. OFFSIDE.—When a player hits the ball any other player of the same team who is nearer her opponent's goal line than the striker is at the moment *when the ball is hit* is offside, unless there be at least three of her opponents nearer to their own goal line than she is. She may not touch the ball, nor approach nor remain within 5 yards of it, nor in any way interfere with any other player until the ball has been touched or hit by one of her opponents. No player, however, shall be offside in her own half of the ground, nor if the ball was last touched or hit by one of her opponents (subject to the 5 yards rule), or by one of her own team who, at the time of hitting, is nearer her opponents' goal than herself.



PLAN OF THE HOCKEY GROUND.

Penalty (WITH APPEAL).—Inside or outside the circles. For any breach the penalty shall be a free hit by one of the opposing team on the spot where the breach occurred.

12. GENERAL DETAILS.—The ball may be caught (but must be immediately released to fall perpendicularly to the ground) or stopped, but may not be picked up, carried, kicked, thrown, or knocked on or back except with the stick. No player shall gain an advantage by the use of any part of her person or apparel except such as may accrue from stopping the ball. There shall be no play with the rounded back of the stick, no charging, kicking, shoving, shinning, tripping, personal handling, or hooking. Hooking sticks is allowed only when the stick hooked is within striking distance of the ball. There shall be no striking at sticks. A player may not obstruct by running in between her opponent and the ball, nor cross her opponent's left, unless she touches the ball before her opponent's person or stick, nor may she in any way interpose herself as an obstruction.

The goalkeeper is allowed to kick the ball only in her own striking circle, but in the event of her taking part in a penalty bully this privilege shall not be allowed her. Habitual left-handed play (as in left-handed batting in cricket) is prohibited. A ball touching an umpire, or post, is in play unless it goes off the ground.

Penalties (WITH APPEAL).—(1) *Outside the Circles.*—For any breach the penalty shall be a free hit for one of the opposite team on the spot where the breach occurred. (2) *Inside the circles.* (a) For any breach by the attacking team the penalty shall be a free hit for the defending team. (b) For any breach by the defending team the penalty shall be a 'bully' or a 'penalty bully' on the spot where the breach occurred. A penalty bully should only be given for a wilful breach of a rule, or when a goal would most probably have been scored but for the occurrence of the breach of the rule. (c) In the event of two players being simultaneously at fault in obstructing or fouling each other the umpire shall give a bully at the spot where the breach of rule occurred.

13. 'STICKS' AND UNDERCUTTING.—When a player strikes at the ball no part of her stick must, in any event, rise above her shoulders at either the beginning or end of the stroke. No player shall intentionally undercut the ball, nor in any way interfere with the game unless her stick is in her hand. The umpire shall decide all points under this rule without appeal.

Penalties (WITHOUT APPEAL).—(1) *Outside the circle.* For any breach the penalty shall be a free hit for one of the opposite team on the spot where the breach occurred. (2) *Inside the circle.* (a) For any breach by the attacking team the penalty shall be a free hit for the defending team. (b) For any breach by the defending team the penalty shall be a bully or a penalty bully (except in the case of 'sticks,' when a 'bully' only shall be allowed). A 'penalty' bully should only be given for a wilful breach of a rule, or when a goal would most probably have been scored but for the occurrence of the breach of the rule.

14. FREE HIT.—On the occasion of a free hit no other player than the striker shall be within five yards of the spot where such hit is made, and the striker must not touch the ball again until it has been touched or hit by another player. She must fairly hit the ball, 'scooping' up not being allowed. If the striker hit at but miss the ball the stroke shall be taken again by her provided that she has not given 'sticks.'

Penalty.—If any player, other than the striker, be within 5 yards of the ball at the time of a free hit the umpire shall order the hit to be taken again. If the ball is 'scooped' up the umpire shall give a free hit to one of the opposite side to the offender.

15. PENALTY BULLY.—A penalty bully shall be played by the offender, and by any player selected by the other team on the spot where the breach occurred. At the time of the penalty bully both the defenders and attackers shall be outside the striking circle in the field of play and the ball shall not be in play for either team until driven outside the striking circle, when all players shall be on-side.

Penalties (WITHOUT APPEAL).—(a) Breach of any rule by defending team (except Rule 9). The attacking team shall be awarded a penalty goal, which shall be of the same value as an ordinary goal. (b) Breach of any rule by attacking team (except Rule 9). The defending team shall be allowed a free hit.

16. ROLL-IN.—When a ball passes over the side line it shall be rolled-in along the ground (and not bounced) into play by hand from the point where it crossed the side line in any direction except forward by one of the team opposite to that of the player who last touched it. Players may cross the 5-yards line immediately the ball leaves the hand of the roller-in, but no player shall stand (herself or her stick) within the 5-yards line. The ball may be rolled in at once, but should the umpire consider that a player is standing within the 5-yards line to gain time he shall not stop the game. The roller-in must have both feet and stick behind the side line, and may only play the ball again after another player.

Penalties (WITHOUT APPEAL).—(a) Breach of the rule by the player who throws in. The roll-in shall be taken by a player of the other team.

(b) Breach of the rule by any other player. Roll-in shall be taken again except as specially provided for in this rule.

17. CORNER.—(a) If the ball is hit behind the goal line by a player of the attacking team, or glance off the stick or person of, or be unintentionally, in the umpire's opinion, hit behind the goal line by one of the defending team who is farther away from her own goal line than the 25-yards line, it shall be brought out 25 yards in a direction at right angles to the goal line from the point where it crossed the line and there 'bullied.'

(b) But if the ball glances off, or is, in the umpire's opinion, unintentionally sent behind the goal line by any player of the defending team behind the 25-yards line, a player of the attacking team shall have a free hit from a point on the side

or goal line within 3 yards of the nearest corner flag, and at the moment of such hit all the defending team (their sticks and feet) must be behind their own goal line, and all the attacking team must be in the field of play behind the striking circle.

(c) If, however, the ball is intentionally, in the umpire's opinion, sent behind the goal line by one of the defending team, the attacking team shall take their corner hit from the point on the goal line where the ball crossed, and all players must be behind the goal line and striking circle respectively.

Provided that, in (a), (b), (c), no player shall stand within 5 yards of the striker when a corner hit is taken, and that no corner hit shall be taken at a less distance than 5 yards from the nearest goal post, and that no goal can be scored from a corner hit by the attacking team unless the ball has been stopped motionless on the ground by one of the attacking team, or has touched the person or stick of one of the defending team before the last stroke of the attacking team. A player hitting a corner hit or free hit cannot participate in the game again until the ball has been played by another player. On hitting a corner hit, if the hitter miss the ball she shall take the hit again, provided she does not contravene Rule 13.

18. UMPIRES.—Each umpire shall take half the ground for the whole game without changing ends. He shall also take one side-line and give decisions *re* the roll-in (but not the corner hit) in both halves of the ground. If an umpire is doubtful he shall decide in favour of the team appealed against. The umpire shall allow (the elements permitting) the full or agreed time, neither more nor less, deducting all wastage, and keep a record of the game. Until a decision is given the ball is in play. If there be only one umpire there should be two linesmen to give decisions as to the ball passing over the side lines, and as to where and by which team the ball shall be rolled-in.

Umpires and linesmen are debarred from coaching or claiming during a game.

The umpire shall refrain from putting the provision of any rule into effect in cases where he is satisfied that by enforcing it he would be giving an advantage to the offending team.

19. **ROUGH PLAY.**—For rough play the umpire shall have a discretionary power to warn the offending player, or to suspend her from further participation in the game.

20. **ACCIDENTS.**—When a player is temporarily incapacitated, the umpire shall suspend the game immediately. When the game is resumed the ball shall be bullied off on the spot where, in the opinion of the umpire, the ball was when the player was hurt.

Sundry Explanations of Rules.

Although the above rules are fairly comprehensive, a few observations on some of the more complicated may be of use.

Rule 1: The interval at half-time should not last longer than five nor less than two minutes.

Rule 6: The ball should not be painted with enamel, as it will chip off almost at once, but with ordinary white paint. Four clean balls are usually sufficient for a match, but should the ground be muddy six, or even eight, may be wanted.

Rule 9: Whenever a bully occurs, the two players bullying must stand absolutely square with the ground; their heels should be parallel to their respective side lines, and their sticks behind the ball.

Rule 11 is quite the most difficult, and it is almost impossible for a beginner to understand a written explanation, but a demonstration on the field will soon make it clear.

Rule 12: The left-handed play referred to here

applies only to habitual left-handed players, and prohibits their playing with a specially constructed stick having the face on the reverse side. It is allowable to hold the stick in the left hand. The lightest touch constitutes a foul if a player is infringing any of the regulations laid down in this rule. It is often difficult to decide between a kick and a rebound, as the ball will sometimes bounce a good way off the foot of a running player. Kicks are practically never intentional, but umpires are often obliged to award penalties for them. It may be roughly stated that if the foot when *off* the ground touches the ball, it is a kick, but if the foot is *on* the ground it is only a rebound, and need not be noticed.

Rule 13: 'Sticks' should be given if a player's stick is above her shoulder after hitting or missing the ball, though it was not above at the beginning of the stroke. This applies to 'corners' and all 'free hits.' As the strict enforcement of this rule on all occasions might sometimes have the effect of penalizing the opposite team—if, for instance, one of the defending side should give 'sticks' in front of her own goal—the umpire should not always stop the game. At practices the rule should be most rigidly enforced, in order that beginners may be taught to keep their sticks well down; if it is disregarded, the game at once tends to become rough and dangerous.

Rule 15: A penalty bully is very unusual in ladies' hockey; it is only awarded for an intentional infringement of a rule. When deciding whether to award a penalty or an ordinary bully, the umpire has to con-

sider if the breach of the rule was accidental or not. When a penalty bully is taking place, only the two players engaged in it may be in the circle; the rest must be either behind the goal line or at the edge of the circle. The penalty for any breach of this rule by the defending side is very heavy, the attackers being awarded a goal. Beginners should remember this, for, as a penalty bully is of such rare occurrence, many players are unfamiliar with the rule, and by rushing into the circle before the ball has been hit out may cost their side a goal.

Rule 17: When a corner hit is being taken, every player on the defending side must be behind their goal-line, and the attackers outside the circle. The rule applies to their sticks as well as their feet. The player who is making the hit may not touch the ball again until it has been touched by someone else; the ball must be hit from a spot 3 yards from the corner flag, and the flag must not be moved.

Rule 19: An umpire may not give advice to either team; his duties are to keep the goal-score, to act as time-keeper, and to decide all disputed points when appealed to; he should give all decisions promptly. The umpires should each take half the length of the ground on the opposite sides. The game is frequently played with only one umpire, however, who must then follow the ball all over the field.

It is not advisable that beginners should spend much time in learning the rules from the book. They will understand them much better if they are explained during a practice as occasion arises. The only really necessary information to be acquired before going on

to the field for the first time is: (1) That the ball may not be hit with the back of the stick, nor kicked, nor carried in the hand, nor thrown; (2) that the stick may not be raised about the shoulder; and (3) the nature of a 'foul.'

CHAPTER IV

THE GAME AS A WHOLE

THE best way for the beginner to acquire a general idea of the main features of the game is to watch a match. Let her choose one in which the two teams are in quite distinctive uniforms, and, a few minutes before the game is timed to begin, take up a position, rule-book in hand, near the flag marking the middle of the ground. Then she should turn to the diagram at the beginning of the book of rules, and study the plan of the ground, comparing it with the one in front of her, and finding for each line in the book a similar one on the grass. In a few minutes the aspect of a hockey-ground will become quite familiar, and the 'striking circle,' which has probably seemed almost unintelligible on paper, will explain itself. By the time the '5 yards line' and the '25' have been recognised, the teams appear and slowly 'line out'—*i.e.*, take up their appointed positions on the field.

Positions in the Field.

The goal-keeper of the first team is standing just in front of her goal, and outside the circle,

between that and the '25,' the two **backs** take up their places level with each other, but some little distance apart.

In front of them, again, about equidistant from the '25' and the halfway point, are the three **half-backs**, the two outside or 'wing' halves standing about 5 to 10 yards from the side-line, the centre-half between the two, but considerably more forward, being close behind the centre-forward.

In the exact middle of the ground a small ring is usually drawn, and from this a dotted line may be carried to the flags on the side-lines which mark the 50 yards, but this is usually left to the imagination. On either side of this imaginary line, however, the ten **forwards** take their places. The centre-forward stands by the ring in the middle of the ground, and on either side of her, at a distance of about 10 yards, are the 'right inside' and the 'left inside' forwards, while beyond them, again, close to the 5 yards line, are the 'left wing' and the 'right wing,' and all the five forwards are standing perfectly level with each other. The spectator should take a good look at them as they stand ready to begin, for, in spite of the excitement and heat of the conflict, they will do their best to keep this formation more or less intact throughout the game; and if the scheme is once plain to her, at any moment during the play she will be able to pick out the five forwards still in their line parallel with the goal-line, the three halves behind them, and the backs and the goal-keeper in the rear.

In the meantime the other team have taken their

places in almost exactly the same formation, except, we may suppose, that in the place of a goal-keeper they are playing a **third back**, who is standing slightly behind the other two and in the middle of the ground. The forwards fall in either just in front or close behind the opposing forwards, only a few feet apart, but all on their own side of the halfway line.

The umpire then puts a ball down in the middle of the ring, and after glancing round to see that both teams are ready, he whistles, and the game begins with a 'bully,' as decreed in Rule 9.

As the play proceeds, the onlooker should decide to follow the fortunes of one side in particular, as the game will then seem less confusing, and it will be more possible to understand the various tactics of defence and attack. The forwards especially should be carefully watched as they come down the field, now running the ball up and dodging the backs with a pretty individual effort, and now passing from one to the other with accuracy and judgment.

Points to Notice in a Game.

Even in a game between two first-class clubs, a keen observer will be able to detect at least one infringement of most of the rules, and this practical demonstration will help to elucidate many difficulties. The spectator should also watch carefully how the 'corners,' '25-bullies,' and 'roll in' are managed, as these are a little puzzling at first; and as each occurs it would be well to refer to the rule in the

book, so that the players' movements may be the better followed.

After thirty-five minutes of play, the whistle blows for 'half-time,' when there is a brief interval for rest and refreshment, the players being usually offered slices of lemon or orange. After about five minutes the whistle again sounds and play is resumed, the two teams, however, changing their ends of the field. A clean ball is always provided after 'half-time,' and as often during the game as may be necessary.

Necessary Qualifications for a Player.

By the end of the match the onlooker will probably have got a rudimentary notion of the game, and, if she is observant, will have decided that it is not an easy one.

There is little use in a girl attempting to become a player unless she is sound in wind and limb, on the sunny side of thirty, used to outdoor pursuits, with a good eye, good temper, and plenty of energy. Given all these and the necessary unselfishness and patience, there is no reason why she should not become an 'international' player—but not during her first season. To learn the game really properly, she should, of course, have begun at school: in any case, the earlier the better, for the older she gets the harder it will become for her to acquire the absolute unselfishness and prompt obedience which are essential qualifications of a hockey-player. All this, however, comes later.

Difficulties of the Game.

The Stroke.—The first thing the beginner has to be taught is to hit the ball, and even this is not quite as simple as it looks. There is, of course, a right way and a wrong one, and, if possible, a good style should be cultivated from the outset. The best plan is to let the novice grow used to the feel of her stick by hitting a ball about freely, and after several experiments she will probably adopt the right stroke and the right way of holding her stick instinctively, for that which seems most natural and comfortable is usually correct.

In hockey there is, of course, no time to take up a careful position, as in golf, but the player soon grows accustomed to hitting the ball in the proper way, and has no need to think about it at the time. The first point to be borne in mind is that the stick must not be raised above the shoulder either before or after the stroke; and the second, that the ball must not be so hit that it rises from the ground. The stick should be held firmly with both hands near together, the left hand above the right, and about 6 inches from the end of the handle. The arms should be rather stiff and the elbows unflexed, the necessary impetus being given by a lunging motion of the body at the ball. The stick is brought slowly round, the player's eye being fixed steadily on the ball, not on the direction in which she intends sending it; but at the moment when the ball is hit the face of the stick should be at right angles to that direction and to the ground. After the hit has been made, the stick should be

carried through, and the stroke finished in front exactly as it began behind the ball.

Stopping the Ball.—Having practised the stroke until she has shown that she can hit cleanly, quickly, and with judgment, the beginner must next practise stopping the ball. This can be done with the feet, hands, or stick, but the last method is the quickest and most efficacious. The ball should be hit fairly hard towards the player, who must stop it with her stick and return it smartly. In order to stop it dead, the stick should be held rather limply, and very little resistance offered. Balls coming on the left are best stopped with the foot, being caught under the boot by raising the toe. The foot which stops the ball should be in advance of the rest of the body, so that the ball may be left in the right position for hitting. Stopping with the hand is occasionally useful when the ball is raised, or when there is plenty of time to drop it and hit it away again ; but it is too slow a method to be employed frequently, and is also somewhat dangerous, the player's head being necessarily lowered in order to reach the ball, and thus coming at times too near her opponents' sticks. When the ball is fielded with the hand, it must be instantly dropped, as if it is either carried forward by the motion of the body, or even held for a perceptible moment, the opposing side may claim a free hit for 'hand-ball.'

Dribbling.—Having learnt to hit and to stop, the beginner should grasp how to 'dribble' with comparative ease. Dribbling merely consists in taking the ball along as fast as possible with a series of small

hits, and her chief difficulty will lie in keeping the ball the right distance in front of her. If she hits it too hard, she not only loses control of it, but her opponents will get there before she can overtake it; while if she hits it feebly, the ball will get under her feet and impede her progress. The only way to learn how much strength is necessary is to practise running the ball up and down the field as fast as possible. The stick should be held with the left hand gripping it firmly at the end, and the right hand loosely considerably lower down the handle; the ball should be propelled by a series of smart taps, and kept about 3 feet in front of the player, the stick being always close behind the ball.

Dribbling is, of course, much more difficult on a bad ground, as the player is apt to overrun the ball by hitting some tuft or hillock instead, or to 'top' it owing to its getting into a hollow. Even good players on good grounds, however, are liable at times to overrun the ball, either through undue haste, a miss hit, or because they are too anxious to see what is happening to the other players.

Tackling.—The beginner, having learnt to hit and to dribble, must next turn her attention to 'tackling.' The main difficulty here lies in understanding when the right moment for action has arrived. An opponent is bringing the ball down the field straight at the half-back, who knows quite well that she has got to get the ball away somehow, but she cannot make up her mind to run in just yet. Meanwhile the ball is coming nearer, and the half-back, still undecided on her

tactics, steps back a few paces until she is close to her own full-back, when the approaching forward, seeing the two waiting together, decides to get rid of the ball at once, and so passes to one of her own side. What the half-back ought to do is to tackle the forward instantly, the moment she comes within her sphere of action. She should stand in front of her, and try either to tilt her stick up and so hook away the ball, or to get her own stick in between the ball and her opponent's stick ; if these manœuvres fail, and the forward still continues her way, she should follow her closely without an instant's delay, and 'worry' her all down the ground, by hooking her stick or trying to hit the ball away sideways. Tackling must before everything else be pertinacious, and a player who has possession of the ball should not be left alone for a moment until it can be passed on to another opponent.

The Importance of Combination.

The beginner may now take her place in an ordinary club practice, and after a few games should have sufficiently mastered the individual play, but even then she has only grasped the rudiments of the real game. As time goes on, hockey tends to become more and more scientific, and the game, which at first was one requiring little more than pace, strength, and a good eye, now demands before everything else a clear head. A clever wrist stroke is of far more value than a powerful drive, and a brilliant individual performer is not nearly as welcome in a team as the

steady player who uses her head and plays an unselfish game. Combination is now generally admitted to be of the utmost importance, a team of mediocre players, with a thorough understanding of each other's play, having again and again proved themselves stronger than an eleven of individually brilliant performers who have never played together before.

The idea that combination is confined to the forwards alone is quite erroneous ; each division of a team should not only work together as a line, but there should be a unity of action and intention between them as a whole. The forwards are absolutely useless without the halves and backs, and *vice versa* ; consequently, without the help and co-operation of the rest, the work of any one division by itself, however excellent, is of no avail.

A real grasp of the principles of combination can only be acquired after long practice and the constant study of the tactics of some of the best teams. International and territorial matches will not be found very helpful, as in these the players are drawn from all parts, and are not accustomed to playing together ; more advantage will be derived from watching a county or a strong club team.

Players must reconcile themselves at once to the idea of getting few chances of personally distinguishing themselves, and make up their minds from the outset to work for the team as a whole, not for themselves in particular. The object of the game is that the team may score goals, not that any one player may do so, and it is impossible to insist too strongly on the fact

that each player is but a factor which goes to compose the whole, and has no independent standing of her own whatever.

CHAPTER V

GOAL-KEEPING

'THEY make me keep goal because I'm slow,' a player will often tell you, but never was a more mistaken policy adopted. People who are slow are of very little use at all on a hockey-field, but will perhaps do less mischief as backs than anywhere else. Certainly they should not be allowed between the posts, for before everything else a goal-keeper should be quick with hand, eye, foot, and stick. It is often very difficult to get players to train for this position, and the principal reason why it is usually so inadequately filled is that good players refuse it, and it is consequently accepted by someone who recognises that it is her only chance of getting a place in the team. If, however, players would seriously study the science of goal-keeping, they would soon discover that to keep goal well is one of the most interesting possibilities in the game. A good goal-keeper, too, is so much appreciated by the rest of the eleven that her pleasure in her work should be increased.

Value of a Good Goal-keeper.

Nothing gives a team greater confidence than the knowledge that they have a trustworthy goal-keeper

behind them, and their efforts to score themselves will gain redoubled energy from the consciousness that their own goal will be defended to the last. On the other hand, a team will become completely demoralized in a hard game if they cannot rely on their custodian; the backs and half-backs will crowd into the circle, neglecting their proper work and muddling each other, and by getting in the unfortunate goal-keeper's way, and preventing her having a clear sight of the ball, will probably render her even less effective than she would have been if left to herself.

Attempts to do without Goal-keepers.

The difficulty of finding a good goal-keeper has so increased that captains have recently been trying to arrange the team in such a way as to do without one altogether, and the 'three-back game' has been introduced. This has very seldom been found successful, however, and the advisability of retaining the usual formation of the team is generally accepted.

Playing with three backs and no goal-keeper will of course render the opposing forwards very liable to be 'off-side,' and will thus have the effect of cramping the game, the forwards fearing to keep it open by passing freely, or else it will degenerate into a hit-and-rush scramble, each forward playing for herself and trying to rush the backs with an individual effort, feeling that once through them she is nearly certain to score.

Other ways of doing without a goal-keeper are occa-

sionally adopted, when four half-backs are played or six forwards, the former plan being sometimes tried when the opposing forwards are unusually strong, and the latter when the opposing team is a weak one.

What the Position involves.

A player, having once made up her mind to take to goal-keeping, should set to work to make a careful study of the subject, but first of all she must realize clearly what she is undertaking. At times her post will be one of great interest and excitement, she will be the central figure of the game, and if she acquits herself well she may obtain more actual credit than can fall to the share of any other player. For five minutes, perhaps, she may be in the heat of the fray and the midst of the fun, but for the greater part of the game she is probably doing nothing.

In order to bear this waiting-time well, and to be ready for the ball when it comes, the goal-keeper must study her personal comfort. Before everything else, **warm clothing** is essential; it is almost impossible for a goal-keeper to put too much on, as on even a comparatively mild winter's day she will soon feel cold if she has to stand long inactive. She will probably wear the usual club uniform, but over that she should always put a thick woollen jersey; warm woollen stockings are essential, and very often two pairs will be found most welcome. Thick loose gloves should always be worn, as the hands will be unable to field the ball if they are numbed with cold. A goal-keeper

should, of course, always wear pads. As well as dressing herself warmly, she should also do all she can to keep herself warm by moving about. If her side is attacking, she can walk up and down in the circle, or, if circumstances allow, can even go up as far as the backs. It is most important that she should keep warm, not only for her own sake, but for that of her team, for no goal-keeper can be expected to play properly if the ball should suddenly approach her for the first time during the game when she has been standing shivering for the past twenty minutes or so.

There is, of course, a recognized series of tactics which should be adopted by a goal-keeper, but for goal-keeping, more than for any other position in the field, a very great deal must be left to **personal judgment** and the inspiration of the moment. All goal-keepers, too, cannot be turned out on the same pattern, and when they have been well grounded in the general principles of the art of goal-keeping they should be left to form their own theories, and to invent their own plan of action. It is almost impossible to coach them beyond a certain point, when they are best left to themselves to defend their position in the way which seems most effective.

There is one privilege reserved for a goal-keeper alone among players, and that is the permission to **kick the ball** when it is within the circle. She should avail herself of this to the full, and a beginner will find it excellent practice to get a friend to hit the ball at her, when she has not got a stick in her hand, so that she may stop it and clear it away entirely with

her feet. A ready foot is often extremely useful when the goal-keeper is hard pressed, and her stick, perhaps, held down by an opponent ; for a well-directed kick will avert danger just as well as a hit, and always comes more or less as a surprise, the other players being unable to do it themselves, and consequently not being so much on the look-out. The ball should be kicked with the side of the foot rather than with the toe, as it will travel further.

Stick, feet, and body are the most effective means of stopping the ball, but the hand will also be found useful at times, and must, of course, be always employed when the ball is rising. Many players prefer to stop all long shots with the hand, and if they are quick at clearing, and have plenty of time before the forwards are likely to be upon them, this is quite allowable ; but fielding with the hand is necessarily a little slow, and there is always the danger of 'hand-ball' being given—a risk which no one can lightly afford to run near her own goal. This again, however, is largely a matter of individual choice. The ball must be stopped somehow, and the goal-keeper must interpose either her stick, feet, hands or body between it and the goal, whichever seems easiest to her at the moment.

Plan of Action.

She should watch the game as closely as possible, even when it is at the far end of the field, noticing particularly the tactics of the forwards, so that she

may have some idea how to deal with them when her turn comes. When the ball is anywhere within her own '25,' the goal-keeper should take up her position a little in front of the goal-line and rather to the left of the net, leaving the larger half of the goal on her right, as that side is much easier to defend. From the time that the ball crosses the '25' she should watch its every movement, and be prepared for a rush at any moment ; but even when it is well in the circle she should not be tempted from her post, if the backs are there to tackle the opposing forwards.

If, however, a forward breaks away from the others, manages to run through both backs, and arrives alone in the circle, the goal-keeper, if she remains just in front of the net, is practically at her opponent's mercy. The forward has only to bring the ball within comfortable distance, choose her corner, and take careful and deliberate aim, and there is very little chance of saving the shot. In such a case the goal-keeper's only hope is to run out and tackle her before she can shoot. The moment she sees that the two backs have been eluded, she must decide whether it is possible for her to reach the ball before the approaching forward is ready to shoot. If it is obvious that this cannot be done, she must, of course, await the shot in goal, and hope for the best ; but if she has the least chance of success she must dash out to the edge of the circle and attack her opponent. She may, of course, fail, and the forward passing her will score an easy goal ; but, if anything, the odds are in her favour. The mere sight of her coming will

flurry the other, who is probably already somewhat breathless after her run, and may very likely make her shoot crookedly or mis-hit the ball ; while if she is only hindered for a moment, it will give time for the two backs to recover themselves and come to the rescue. This is another occasion where a kick may be very useful, for while the goal-keeper and the forward are grappling with each other the former may manage to kick the ball away out of the circle, and so avert immediate danger.

Many goals are scored from the results of a pass when in the circle from a forward, who is being tackled by a back, to another forward who is unmarked. In order that the goal-keeper should have a chance of stopping shots of this kind, it is absolutely essential that she should be able to see the ball clearly and have plenty of room for clearing it away. The backs should, therefore, be very careful not to get in her way, as it is quite impossible for her to stop the ball if it trickles into the net from among the skirts, boots, and sticks of her own side. Nothing gives a worse impression of a team than to see them crowding into the circle and muddling round the goal ; the two backs and the goal-keeper should be the only players allowed there.

Clearing.

Unless she has an unusually good eye, no goal-keeper should hit the ball away without stopping it first, as in her position it is far too great a risk. When clearing she should never hit straight in front of her,

as this would, of course, be simply returning the ball to the opposing forwards, but she should send it hard out to the wings. Aimless hitting, even in a goal-keeper, is, however, to be discouraged, and unless she is very hard pressed there is no reason why she should not place the ball to the best advantage, either sending it out to one of the half-backs or direct to a wing forward. Many goal-keepers never seem to be satisfied until they have driven the ball violently over the touch-line, a proceeding which stops the game, and, although it certainly removes pressure from the goal for the time being, makes no opening for her side.

‘Corners.’

As a rule, a good goal-keeper will only send the ball behind as a very last resource, not only because a ‘corner’ should be of some advantage to the other side, but because of the interruption to the play and the feeling that it is not the best kind of game to send the ball out of ‘touch’ oftener than can be helped. When a corner has been conceded, however, and the defending team are all behind the goal-line, they should not be allowed to pack too closely into the net. If one of the opposing forwards should send in a strong shot, it is almost certain to score, for the goal-keeper is so surrounded with the members of her own team that she has little chance of saving it, and even if she manages to stop the ball with her hand or body, she has no room to use her stick to clear it away. Only one of the backs should stand inside the goal, the rest of the

players taking their places outside on the left and right of the net. When the ball is hit from the corner, the defending forwards and halves should rush out instantly, while the backs and goal-keeper remain in their places, each marking one of their opponents' three inner forwards, the goal-keeper taking the centre forward as being perhaps the most likely to shoot. In this way they will be able to see where the ball comes from, and to clear it away to their own forwards.

' Off-side.'

A goal-keeper should always be on the look-out for 'off-side,' as it is easier for her to see it than for most of the others ; but when appealing against a forward who is coming towards her with the ball, she must remember not to relax her efforts until the whistle blows, as, even if she is quite convinced of the justice of her claim, the umpire may not agree with her.

General Hints.

To stop shots from a short range, the goal-keeper should stand squarely facing the hitter, with her feet close together. Hard shots into the corner of the net can often be turned just outside the post and over the back-line, by being allowed to glance off the stick or body. When the ball has been stopped, but has not been properly cleared, or has bounced back towards the forwards, a second shot, or 'follow-up,' may be expected immediately, and she must be on the look-out for it.

A few minutes' practice before the game will be of the greatest possible value, and the forwards should make a point of having some shots at their goal-keeper before every match.

CHAPTER VI

BACK PLAY

THE main object of the two backs should be to keep the ball out of the circle they are defending, and in order to do this effectually they must be thoroughly familiar with each other's tactics. Combination between the backs is therefore of even more importance than in the other divisions of the team, as any misunderstanding may lead to serious consequences.

Position in the Field.

Strictly speaking, the backs' position in the field is near the '25' line, on a level with each other, and about 12 or 14 yards from the side-line, this arrangement placing the left-back between the left-half and the centre-half, and the right-back between the centre and the right half, although, of course, about 15 yards behind them. As a matter of fact, the backs are not very likely to retain this position for more than a few moments after the opening 'bully,' nor will they even remain each on her own side of the ground for long. The particular 'place' of a back is not nearly so

clearly defined as in the case of the other players, and within certain limitations, and always provided that her companion knows what she is going to do, she may practically go where she likes.

The question as to how far up the field the backs ought to play must be largely determined by their individual pace. The advantage of having them well up has only lately been fully recognised, and instead of remaining almost stationary at their posts just outside the circle, as they used to do, they are now developing a tendency to come up much too far. One back will often do well to keep some little distance ahead of her companion, and the question as to which of the two is to be in front must be decided by their respective running power. If neither of them is capable of overtaking a forward, then they should not go much further than their own '25' line.

Backs should, however, keep the game as much on their right as possible, the left-back keeping rather out on the wing, and the right-back inclining towards the middle of the ground. While watching the forwards as a whole, they should make the two 'inners' their special charge, for the half-backs should mark the wings and the centre-forward.

The two backs should consult together before a match as to the best plan of campaign to pursue, arranging their scheme, if possible, to suit the known characteristics of the opposing forwards. If these are reputed to be unusually fast, the backs will decide not to go too far up the field; while if the front rank is considered weak, they will play as far up the

ground as possible in order to drive the attack home, and support their own half-backs well. Backs must, however, remember that they have only their own work to do, and that, however brilliant performers they may be, if they attempt to do more than properly belongs to them, the result will only be confusion in the team. One of the chief attractions of the game lies in the absolute necessity of each player doing her own work, and no more or less.

If, in spite of their efforts, the ball gets within shooting distance of the goal, it is no longer their special territory; and although they must, of course, be ready to lend a hand if wanted, they are not the chief performers, the command of the situation being left to the goal-keeper, who should be allowed a clear field. On the other hand, when their side is attacking, the backs should follow up the game to a certain extent, and be ready to return the ball towards their own forwards whenever it comes their way; but they should be careful never to hamper the halves in any way, or to cramp the game, and make it close and scrambling by pressing too far up the field. Even if they are attacking very strongly, and are obviously the better side, the backs should never come beyond the halfway line.

Tactics.

The ordinary tactics adopted by the backs are as follows: Let it be supposed that the left wing forward is bringing the ball down the field, and has successfully

evaded the opposing right-half; the right-back goes forward to tackle her, and the left-back crosses over from her own side of the ground, and stands behind her partner at the edge of the circle to form a second obstacle in case the forward still comes on. In the meantime the left-half falls back into the space vacated by the left-back, and the centre-half comes close up to the right-back in order to intercept the pass which the forward may probably send when she sees she is going to be tackled. If the right-back tackles but fails to get the ball, before the forward can be quite sure that she has still got it, the centre-half will attack her, and should she then attempt a pass it will be intercepted by the left-back, who has been awaiting her opportunity, while the right-back will fall in again behind her. The same manœuvres are adopted should the ball be coming down the right wing, except that the left-back should then be the one to tackle and the right back to support her.

Tackling the Forwards.

Whenever a forward gets through the half-backs she must be instantly tackled by one or other of the backs; there must be no hesitation, and there should be some recognised arrangement between them by which they know at once whose business it is to attack. When either of the backs in tackling a forward is drawn to one side of the ground, the other should stand about in the middle, not far off, and the half-back on the opposite wing should drop back into her place and be

on the look-out for a long pass from the harassed forward.

Combination with the Halves.

It will be seen from this that a good understanding should exist between the half-backs and the backs as well as between the backs themselves, and generally these two divisions of the team do naturally work well together. The centre-half, particularly, can help the backs a great deal, and at times, if they have been drawn too far away from the circle, she must take their place till they can get back. The half-backs should often be used as a go-between in sending the ball to the forwards, for where a long pass may often be stopped two short ones will be more successful. If the backs, however, are careful not to play too far up the field, and so cramp the halves, the latter, on their part, should avoid getting in the way of the backs, and should always remember that they have no business whatever in the circle, and that only in exceptional circumstances must they cross the line.

In order to be able to tackle a forward properly, and to understand her probable tactics, a back must herself have some knowledge of how to dribble. Now and then she may even find it useful herself as a means of getting the ball away into a position where a clear hit is possible; but under ordinary circumstances this should be discouraged, and she should get rid of the ball at once to a player on her own side.

Stopping.

A back should never hit a flying ball, but always stop it first. However good an eye she may have, there is always the possibility of her missing it, and in her position she should not run the risk. Apart from this, a flying shot can never be very accurately directed, the tendency being to send it back where it came from, and there is yet another objection in the fact that a ball hit when travelling is almost certain to rise, and thus become dangerous. The neatest and quickest way of stopping the ball is with the stick, but on a bumpy ground it is better to use the feet, as the ball may jump the stick. To stop a ball coming at full speed, the stick should be held very loosely, so as to offer as little resistance as possible ; if it is held firmly, the ball may rebound some feet.

Indiscriminate Hitting.

Perhaps the fault into which a back is most apt to fall is that of hitting too hard, a trick which is intensely annoying to her side, though usually much admired by the spectators. While she ought to be able to hit the whole length of the ground if necessary, a back need not suppose that she has got to display her powers to the full every time she gets the ball. Nothing is more absurd, nor a greater waste of time, than to see a back hit the ball as hard as she can down the field, far beyond her own forwards, close up to the opposing backs, who, if they are players of the same type, will send it back again equally hard, the

forwards and halves of both teams meantime looking on idly at the display of strength. When the ball is in or near the circle, it must, of course, be hit well away, though, as has already been pointed out in the case of the goal-keeper, not always over the touch-line. The pause caused by the 'roll in' will perhaps enable the defending team to rally its forces and give them time for a look round; but to interrupt and delay the game needlessly is a poor way of gaining a respite, and should be discouraged. If the back has time to consider where to place her stroke, she should send it well up the field to one of the wing forwards, and if she is hard pressed she should try to send it towards the nearest player of her own side, who will probably be one of the half-backs, and she in her turn will be able to hit it on to the forwards.

It has been said that a back should never hit in front of her, and if she is anywhere in the circle she certainly should not do so, as she may send the ball straight to an attacking forward; but when higher up the field there is no reason at all why she may not occasionally send the ball either to the centre-half or to one of the inner forwards. The very fact that she is always supposed to hit to the wings will have drawn the attention of the opposing halves away from the middle of the ground, and a judicious pass may give the centre-forward a good opening. When sending the ball away from the circle, it should, of course, be always hit to the side, the left-back hitting to the left, and the right-back to the right; never under any circumstance must the backs hit across their own

goal, for with a good line of forwards against them it would mean an almost certain shot

Separate Duties of Backs.

Of the two, the position of **left-back** is perhaps a little the more difficult, although it is easier for her to clear, as the stroke to the left is always more natural. She has opposed to her, however, the right wing and right inside forwards—the two easiest places in the field—and her position for tackling is a difficult one, and considerably hampered by the fouling rule. Her best plan is to keep as far out on the wing as possible, so as to leave her opponents on her right, and an understanding with the left-half should help her to circumvent them. The right-inner should be her especial charge, the half-back marking the right wing. To intercept a pass from the inner to the wing, the left foot should be used, the ball then being passed out either to the half-back or the wing forward.

The **right-back** may go further up the field than her partner if the ball is on the wing, provided that she keeps the opposing inner forward on her right, for she can then stop any passes into the middle, and can run back towards the goal on a level with the forward who is dribbling the ball, ready either to tackle her should she look like taking it into the circle herself, or to intercept any attempt at centring. The chief difficulty that the right-back has to contend with is her inclination to hit across her own goal, but if she continually reminds herself that the only possible

direction for her to hit is to her right, habit will soon become second nature. It is fatal to change the positions of the two backs when they have become accustomed to them, as they will then be liable to hit straight across the mouth of their goal at any moment.

The Three-Back Game.

Perhaps a few words on the subject of the three-back game may be useful. It has already been stated that this formation of the team cannot be recommended, and should only be resorted to when no goal-keeper is procurable, or when the opposing team is known to be decidedly weaker. As a rule, the extra back plays behind the other two in the middle of the ground, where her duties are practically those of a goal-keeper, but she has not the privilege of kicking the ball.

An invitation to play 'third back' will often be accepted when a request to act as goal-keeper would be promptly refused, so that from a captain's point of view the position has its advantages.

Another way of playing with three backs is to put the extra back in front of the others, making them fall back nearer the circle. This is often efficacious, and the unusual construction of the team will probably worry the opposing forwards a good deal. The object of this 'flying' back should be to tackle any forward who manages to break successfully through the half-backs; she should be confined to no particular side of the field, but should follow close behind whichever

one of the half-backs seems in most need of support at the moment. The forwards, having circumvented the half-backs, will expect a clear run until they get to the backs, and, seeing that there is no goal-keeper, will conclude that the backs dare not come up far to meet the ball ; consequently their calculations will be considerably upset by the unexpected appearance of the extra back, who will be upon them the moment they are clear of the half-backs.

CHAPTER VII

THE HALF-BACKS

THE full heat and burden of the conflict falls on the half-backs, and it is on their efforts that the result of the game mainly depends. Their position, midway between the forwards and the backs, means that they alone among the team must be active both in attack and defence. During the seventy minutes which the game lasts, they have barely a second to themselves. Should their side be pressing, they must be backing up their forwards close outside the opponents' striking circle, but the moment the ball is cleared down towards their own circle the half-backs must be after it, ready to help the defence. It is a common mistake to suppose that the fastest players in a team are the forwards. It is true that forwards must be able at times to display considerable pace, but as a rule an occasional 'sprint' is sufficient, and they have time to

recover before being called upon again. The half-backs, however, need to be even faster than the forwards, and to possess far more staying power, for when the opposing forwards manage to elude them and to get away with the ball, it is the half-backs' business to try to overtake them.

Position in the Field.

It is difficult to lay down hard-and-fast rules, but, speaking generally, the half-backs should never be inside either circle. When the opposing team is pressing, they should wait just outside ready to pounce on the ball the moment it emerges from the 'scrum,' and pass it neatly up the wing to their own forwards. When the enemy's circle is being invaded, the halves should come close up behind their forwards just on the edge of the circle, and, by carefully watching each movement of the opposing backs, try to stop the ball every time they send it out, and return it promptly and accurately to whichever one of their own forwards seems in the best position for shooting. On both occasions the half-backs must take the utmost care not only to hit the ball cleanly and quickly either out of their own circle or into the enemy's, as the case may be, but to direct it to the right person. When aiding the defence, it is not the least use for the half to take the ball from a pass from one of her own backs and to send it straight to the opposing centre-half, for it will almost certainly be smartly returned to the attacking forwards; she must direct it accurately to her own wing forward.

In the same way when backing up the attack: If one of the opposing backs hits the ball out of the circle, and the half-back stops it, it is worse than useless to send it back in the direction from which it came. She must take a rapid glance round, and either hit right across the circle to an unmarked forward, or tip it gently to a nearer one whom she may consider in a possible position for a shot at goal. Should all the forwards seem well guarded, a neat pass to one of the other halves, who may perhaps be better situated for passing to a forward, will often make an opening. Combination among the half-backs might be much more frequently practised than it is at present, and although, of course, constant passing between them would tend to make the game slow, on occasions it can be exceedingly useful.

Worrying the Forwards.

All half-backs must be able to hit cleanly, and if possible with equal ease to the right or left. Though useful at times to get the ball out into the open, 'dribbling' should be discouraged, as it makes the game slow and the half-backs inclined to get out of their places. Above all else, they should 'worry' their opponents indefatigably, and although a forward may get through them, they should still stick to her even though she may seem impossible to overtake. There is nothing more harassing to the forward than to have a half running at her heels down the field, hooking her stick at every opportunity, and dogging

her determinedly, and at the end she will either overrun the ball, and so leave it for her adversary, or, becoming flurried, pass at the wrong moment, and thus fall an easy prey into the hands of the back.

Intercepting Passes.

When the game is in mid-field, the half-backs should endeavour to take up their position about halfway between the opposing halves and forwards, so as to be in the best place for intercepting the passes from one to the other, and yet all the time they must remember not only to mark the enemy's forwards, but to feed their own. This is where the difficult part of the half-backs' work lies: they have so many things to think of at once.

The backs' work is over for the time being when they have driven the ball out of their half of the field; the forwards become merely spectators when the war is waging in their own '25'; but for the half-backs there is never an instant's pause. Up and down the field they must run, helping the defence and pushing the attack, spoiling a run by the opposing forwards, and supporting a rush of their own front rank.

Tactics.

After the opening bully, should the opposing centre-forward get the ball, the centre-half must rush in and force her to pass, perhaps to the right wing, who may manage to dribble past the left-half. The latter

recovers herself quickly, and follows the forward down the wing, harassing her as much as possible, until she sees the left-back coming up ready to tackle ; she must then get slightly behind the back, rather towards the centre of the ground, so that, if the right wing tries to hit through the back, she can get the ball the other side, before the forward can get round ; or if, seeing the back coming, she decides to pass, the half can intercept the ball on its way to the right-inner, while if she tried a third course, and attempted a hard centre, the centre-half would be there awaiting it and marking the opposing centre-forward.

Let us suppose that the wing forward adopts the second course, and at the moment when the half, who has been following her down the field, drops on one side to allow the back to tackle, she sends a short pass to the right-inner just before the back arrives. This is stopped by the half-back who had expected it, and she hits it away cleanly and accurately to her own left wing. She has to do this instantly, without a second's pause, yet there are two things she must remember : first, to avoid sending the ball near the opposing right-half, who will be somewhere between the left wing and herself awaiting just such a pass ; and, secondly, to be very careful to calculate the exact strength of her stroke, or the ball will go beyond the left wing, either into touch or into the hands of the opposing backs, who will promptly send it back again towards the circle, and the game will be exactly where it was five minutes before.

Having seen the left wing safely in possession of

the ball, the half has still no time to look round her. She has been helping her back, and has consequently got rather behind her forward line ; and now that the game has changed, owing to her efforts, from the defensive to the offensive, her place is a few yards behind the forwards, and she must make use of any reserve of pace she may have, and try to overtake them. Very likely before she can get up the field the forwards will have been tackled by the enemy and have lost the ball. There will then arise angry cries for the halves. 'Keep further up the field, half-backs!' shouts the captain. 'Why are you not backing up?' To the panting half-backs struggling up the field behind them, this probably seems unjust, but it is only what they must expect. The forwards can do nothing without them.

'Marking.'

Each half-back should 'mark' her own particular forwards among the opposing team—the wing-halves the wing-forwards, and the centre-half the three inner-forwards—and throughout the vicissitudes of the game should always be aware of their movements. It is impossible to insist too strongly on the importance of this ; the backs may also do a certain amount of marking with advantage, but the halves, if they are to play the game properly, must make a point of it.

Experience and Intuition needed.

Perhaps experience is more needed for the half-back line than for other places in the field, and a beginner may become a very fair back or forward in far less time than it takes to train a good half. Nothing but practice can give the necessary judgment and knowledge of the game which teaches the half to send the ball to that particular forward who is in the best position for shooting. The half who is only learning will persistently pass to the forwards nearest her, quite regardless of the fact that she is beset by opponents, while a little further away another forward may be standing absolutely unmarked. The mistake made by most halves is that they do not take a sufficiently comprehensive look round before passing.

For intercepting passes the half requires so rapid a perception that it can almost be called intuition, and this, again, can only come with practice. The simplest plan is to conclude that the opposing player will hit the ball in the direction that she herself would choose in the same circumstances, or perhaps something in the way the stick is held, or the feet are placed, or the sight of another player on the same side standing obviously ready for the ball, or even a look in the eye of the person about to hit, will help the half to decide where the ball is most likely to be sent, when she should instantly try and get there first. Some of the best half-backs have developed this perception or instinct to an extraordinary degree,

and always seem to arrive on the spot a moment before the ball.

Half-backs should stop ordinary passes with their sticks, not with hands or feet. It is quite permissible for them to hit a flying ball, if they can trust to their eye, for they should be as quick as possible.

Separate Duties of Halves.

The most important of the three halves, and perhaps the most important player in the team, is the **centre-half**. She is the most difficult person for the spectator to watch, and, although always in the heat of the fray, seems from their point of view to be doing very little good. The players, however, will tell a very different story. The duties of centre-half are innumerable, and she has generally to do everything that anyone else has left undone, her particular work being to feed her own centre-forward and to shadow the opposing one. With a good centre-half the latter player has a dull time, for from the opening bully her every step is dogged, every pass intercepted, and every run stopped. If she gets a pass when in the circle, the half tackles her at once, and throughout the match she is conscious that she is always marked.

The character of the game is very largely dependent on the centre-half; it is in her power to distribute the play evenly to the right and left, and by passing out alternately to the wings to keep the game open and fast. For this reason it is important that the centre-

half in particular should be able to hit with equal ease in any direction.

She may be allowed more freedom than the wing-halves, and can occasionally do useful work in both circles, either getting the ball away when the backs are in difficulties or putting in a shot should an opening occur. She should, however, be very careful not to get in the way of backs or forwards, and when there is a 'scrum' in either circle she should wait on the outskirts until she sees the ball, and not rush in and add to the confusion.

Most centre-halves prefer to have all the middle of the ground to themselves, and like the wing-halves to keep well out towards the side-line, and in this case, of course, the marking of the opposing inner-forwards, as well as the centre, would also be added to their duties, and the work of breaking up the combination of the three inners would mainly fall on them.

At the opening bully the centre-half should stand close behind the centre-forward, and it is often arranged that the latter shall purposely lose the ball in order that it may go to the former, who will then get a chance of passing out to the wing, and so open the game at once. For the rest of the match her place is in the middle of the field, a few yards behind her centre-forward when attacking, and close to the opposing centre-forward when defending.

The duties of a **wing-half** are not quite so complicated, though of much the same nature. She has two players in particular whom she must continually watch—the outside-forward on her own side and the

opposing one—and, speaking generally, her object should be to get the ball away from the latter and to send it to the former. Any further attention she has to spare should be devoted to the opposing inside-forward and wing-half. When near her own circle she should mark the outside-forward very closely, leaving the back to take care of the inner, and should so place herself that she can intercept any passes into the middle.

The **right-half** should take up a position between the right wing and right inner forwards, about 10 yards behind them, and the **left-half** should stand about on the 5 yards line and the same distance behind her wing-forward, keeping further out than the right-half, as all the players on the left must do, in order to get as much of the game as possible on her right side.

Both the wing-halves should be on the look-out for a 'roll-in,' as this should always be done as smartly as possible. As a rule, the wing-forward rolls in the ball sent out by one of the other side, and the inner-forward and half should come close up to the side-line to receive it, the half-back close behind the forward. There is generally some understanding between the three, and the half will know by the look of the wing-forward whether the ball will be sent to her or to the inner. The usual tactics for her to pursue, if she gets the ball, are to hit it back to the sender if the game is anywhere near their own goal, or to try and centre it if they are in the enemy's territory.

If the 'roll in' is to be of any advantage to the side, it must be taken promptly, and before the other side have time to gather round. The half may roll the ball in herself either to the back or centre-half if the forwards are too far up the field to get back quickly. This manœuvre, if executed at once, may take the enemy by surprise, and give the centre-half the chance of a clear pass to the other wing. The halves must, however, beware of the same thing happening when the other side get a 'roll in' from touch.

When in mid-field or near their own goal, the wing-halves should, as a rule, pass to the outside-forwards, unless they happen to notice that another forward has an exceptionally good opening. When in their opponents' '25,' they should usually send the ball to an inner-forward, except when the defence has been drawn into the middle, in which case a pass to the wing, being unexpected, may sometimes make an opening.

CHAPTER VIII

THE FORWARD LINE

FROM the beginning to the end of the game the forwards' every movement should be guided by one motive—the desire to score, and to score in the best possible way. As the goal-keeper's aim and object is to keep the ball out of the net, so should the forwards' one idea be to get it there

Positions in the Field.

The usual arrangement of the front line is to play with five forwards: one in the middle—the centre-forward; one on either side of her—the right-inner and the left-inner; and one on each wing—the left wing and the right wing. These five should, roughly speaking, be about equidistant from each other, the three inners being, perhaps a little nearer together; and throughout the game they should keep this formation more or less intact, so that in even the hottest moments of the fray it may be easy to pick out the line of forwards in any part of the field.

Combination and Passing.

In the front line combination is of the utmost importance, for by this means only can a strong defence be outwitted. The quickest and cleverest of forwards, relying on an individual effort, if well tackled by a half and back, will lose the ball; but a series of well-judged passes between two or three of the forwards will generally result in a goal. The science of passing is, therefore, what a would-be forward must set herself to learn, and a very interesting study she will find it. To see it at its perfection, the front rank must be accustomed to playing together; but really good forwards will manage to play a sufficiently combined game even when brought together for the first time.

Unselfishness.

The one essential qualification for a forward is unselfishness. This, indeed, is necessary for all hockey-players, but the rest of the team have very little chance of being anything else. Selfishness in a player is usually another form of conceit. Fully convinced that she is the best player on the field, she honestly believes that she is doing the best thing for her side by sticking to the ball as long as possible. Perhaps she prides herself on her pace, and, delighting in the fact that the others are much slower and cannot catch her up, she dashes down the field alone to the edge of the circle ; but in spite of her speed she is feeling decidedly 'pumped' when she gets there, and, as she has no one to pass to, she gives a weak hit in the direction of the goal, which is promptly cleared right down the field. The other forwards, who have by this time arrived on the spot, have to turn round and hurry back.

Even a forward who is not particularly fast will often play the same kind of selfish game. She starts dribbling the ball down the field ; the wing-half intervenes ; she hits it into her, runs round her, and hooks it out again the other side ; the centre-half comes to her companion's assistance, and the process is repeated ; the right-back is circumvented in the same way, and she finally leaves the ball in the hands of the left-back, far too exhausted to attempt any further tackling. Had she dribbled only to where she was likely to encounter the wing-half, and then passed neatly to

another forward, there might have been some result, but as it is her side is not a bit the better for her effort.

Selfishness and conceit are not always synonymous, however. A girl may really be the best player on the field, but even then is not in the least justified in playing a selfish game. No one forward, however brilliant, can win the game for her side if she scorns the aid of her companions.

Short Passing.

Dribbling is very useful at times, and the wings may frequently indulge in a good run ; but forwards should beware of overdoing this, for dribbling of late years has become of far less importance. The ball is now taken into the circle by means of short passes, the main object, of course, being to dodge the opposing backs and halves. These passes should be clean and accurate, well in front of the player, and, above all, not too hard. The forward should remember that the companion to whom she is passing is also running at full speed, and should so judge her pass that the forward shall run towards it and catch it as she goes. A ball sent at right angles to the hitter will go behind another forward, and will necessitate her stopping and turning round to get it, when the opposing half will probably reach it first. The idea of passing is not only to get rid of the ball one's self, but to insure as far as possible its falling into friendly hands.

Unselfishness in play also includes consideration for others. A player should never pass to another who is obviously tired or in an awkward position; nor should she ever pass so hard that, although it may be in the right direction, it is almost impossible to stop it.

Variety of Tactics.

It cannot, however, be laid down as a hard-and-fast rule that a forward must always pass to avoid being tackled. The whole character of the game would change were this invariably done, as backs and halves would naturally give up tackling altogether, and confine their attention solely to intercepting passes. The great thing is to vary the tactics as often as possible, and every now and then an attempt either to run through an opponent or to dodge her may well be made. There are several ways of doing this: one is to hit the ball hard and deliberately straight into the opponent, on the chance that it may go between her feet and may be hooked out the other side before she has time to turn; another way is to hit the ball to her left side, and to run round her on the right and meet the ball again; a third plan is to hit the ball hard beyond her, and rely entirely on superior pace to overtake it before she can.

Some forwards have all kinds of dodgy little tricks for deluding the half-backs. They pretend to pass and then run on, seem to be looking in one direction and then hit the ball in another; while others confuse their

opponents by dribbling the ball backwards and forwards and round and round them until they see a chance of getting away with it. This last trick, however, makes the game slow and scrambling, and should not be encouraged, though, as a rule, the more little individual clevernesses the forwards can cultivate, the better. After one or two attempts they will soon grasp the limitations of the opposing backs and halves, and discover whether or not it is safe to try and get through them occasionally. They must, however, make up their minds at once which they intend to do—to keep the ball and try and run through, or to pass it; she who hesitates in such a case is most decidedly lost. When passing, the ball should be brought as near as possible to the opponent, but not so near that she can intercept it by stretching out her stick. Timing a pass correctly is one of the things which must be carefully studied; nothing is more aggravating for another forward than to see a ball, obviously meant to come to her, stopped by an opponent because it was hit an instant too late.

Forwards must be very clever with their sticks, and able to catch a pass and carry it on while still running at full speed, and finally send it away again, all without standing still for a moment. The wings may often stop the ball first and then hit, but for the inner-forwards this should be unnecessary, and they ought to be able to take it on with the one movement.

Plan of Attack.

All the five forwards can at times join in a combined attack, but for the greater part of the game the players form groups of two or three. Either the two wing players on each side play together, leaving the centre-forward alone on the look-out for any opportunity, or the three inner-forwards play together, leaving the wings to take the ball down alone whenever it is sent out to them. If the wings are fast, this formation is perhaps the best. The three inners, with their quick, short passes, may prove too much for the opposing centre-half, and the wing-halves will be drawn in to her assistance ; this will give the attacking wing-forwards a chance, and if either of them gets the ball they may turn it to account. If these tactics are adopted, however, the inner-forwards must remember to pass out as quickly as possible, or the game will become close and uninteresting ; the three inners, if they play well together, should be very dangerous near the circle.

When the wing-forwards play in pairs, the centre-forward is apt to have little to do but to keep the game evenly distributed, and to be in her place in the circle. Short passing is seen at its best in this case, the wing passing to the inner just in front of the half-back, and the inner returning it as soon as they are beyond the half ; the wing keeps it till the back gets near, and then passes once more to the inner, who holds it until she has drawn the centre-half closely to her, when she sends it back to the

wing, who then makes a hard centre to the edge of the circle.

'Off-side.'

Every forward should carefully study the 'off-side' rule, and should not be satisfied until she can apply it readily during the game. Many players seem to consider themselves injured, through no fault whatever of their own, when they are given 'off-side'; but though, of course, there are occasions when they cannot help it, they do not as a rule make the least effort to keep themselves 'on-side.' Wing-forwards in particular are fond of lying-up well down the touch-line waiting for the ball, and if they will only notice the movements of the opposing backs, and alter their positions to suit them, they may be very useful to their side. The wing must remember to stand just a little nearer her own goal-line than the foremost of the two backs, and as the back moves more forward she must step further back. If she once tries to notice the position of her opponents, it will become natural to her. It is no use her running back to meet the ball when she sees it is coming towards her, for the rule decrees that if she was off-side 'at the moment when the ball was last hit' she is still off-side when she touches it, no matter how positions may have changed in the meantime.

The forward in possession of the ball is often to blame for putting another 'off-side.' When the back, by coming up the field to tackle, puts one of the attacking forwards 'off-side,' the forward with

the ball should notice this and avoid passing to her. When near the goal, and the ball is being frequently passed backwards and forwards, the enemy's halves and backs and the attacking forwards being all more or less mixed up, it is, of course, a different matter, and a player cannot always help being 'off-side.' When a forward has broken through the backs, the other forwards should drop slightly behind her, so that she may pass back to them if necessary; if they do not do this, she had better stick to the ball herself until the defence recover themselves, and by coming back put the others once more 'on-side.'

Shooting.

When once in the circle, the forwards should think of nothing but shooting. Whenever the ball comes anywhere near, they should hit it in the direction of the goal, through, under, or over any obstruction. They should do very little passing when in front of goal, as the shooting must be done at once, and there is no time to see whether anyone else is better placed. Occasionally, however, a tap to another forward may make an opening, and unselfishness should still be their object; but as a rule they had better shoot themselves. There must be no aiming and no 'addressing' the ball as in golf; it must be hit hard and straight between the posts, and the moment it is hit the forward must follow it up to the goal-line. This last is the most important point of all.

Following-up.

Two-thirds of the goals that are scored are the result, not of a fine shot from the edge of the circle, but of a smart follow-up. The goal-keeper can stop the first shot comparatively easily, as she has time to see it coming; but the forwards' opportunity will arise during the almost imperceptible pause after she has stopped it, when she is deciding whether to clear to the left or right. Before she can determine they should be upon her, and if they are quick enough a goal will be the result. At least two of the forwards should be ready to follow the ball the moment it is first hit towards the goal, for while one is grappling with the goal-keeper the other may get a chance of a neat little side-shot behind them. Of course it is much more satisfactory to score by means of a flying shot, but that is no sufficient reason for neglecting other not less effective though less showy methods, and, after all, the goal is in the end entirely due to the original shot. It would never have been brought to the goal-line by dribbling or short passing, for the backs would have been on it at once.

Too much importance should not be laid on the actual scoring of the goals; very often the forward who puts the ball into the net is the one who has done the least to get it there, the goal being frequently the result of a good pass from the player who has brought the ball up the field. So long as goals are scored, it does not much matter who shoots them.

Separate Duties of Forwards.

To make a good line of forwards, it is essential that one of the five at least should have a touch of genius. There is no other word which describes the exact quality necessary. Five hard-working, clean-hitting, fast forwards will be comparatively useless without a leading spirit to keep the line in order, to do the head-work, and, above all, to inspire them with just that extra dash which distinguishes first-class from mediocre play. Such an one should, of course, play in the centre.

The **centre-forward** shares with the centre-half the responsibility of keeping the game equally divided ; it is her business to see that the wing-forwards are sufficiently fed, to keep the game open by passing out whenever possible to the left or right, and, when one wing has been overworked, to send the play over to the other side. When the ball is on either wing, the centre-forward should incline a little in that direction ; but she should be very careful never to get far out of her place, which lies straight down the middle of the field in a line with the centre of each goal. She is the pivot on which the game revolves ; the centre-half keeps close at her heels, the inner-forwards on either side of her, and if she loses her place the whole team becomes disorganized. She should be a good steady shot, as she will probably have more chances of scoring than the other forwards, but should stay rather near the edge of the circle on the chance of receiving a backward pass from either of the

'inners' who may have gone too near the back line to shoot themselves.

The centre-forward is a prominent figure when a 'corner' is being taken, for it usually depends on her whether any advantage to her team will result. Since the ball must be stopped dead from a corner hit before a goal can be scored, it is usual for the inner-forward nearest the corner to stop it, and tip it gently to the centre-forward just inside the circle, when she should send in a flying shot.

Bullying is also one of the duties of the centre-forward, and she should make a point of learning to do this smartly. A penalty bully is often of considerable importance; and although the best way to 'bully' is to do it as quickly and simply as possible, a forward who has studied it will be able to infuse a considerable amount of originality and vigour into her three smart taps and quickly following stroke. For this purpose the stick should be held low down the handle. A centre-forward should always try and be in her place ready for the 'bully,' and not keep her opponent waiting.

As a rule, **wing-forwards** should not attempt to shoot, and are better out of the circle altogether. If they wait well out towards the touch-line, they may be able to save and return the opposing backs' clears. They have a more limited and more clearly-defined area to cover than any other player, as their path lies, roughly speaking, up and down the 5 yards line, between the two 25 yards lines. Occasions may arise when it is advisable for them to close round

their opponents' goal, though they are rare ; but they should always be well in front of their own circle, far out towards the touch-line.

They should never go back to help the halves, for if they do someone on their own side, supposing them to be in their proper places, may 'clear' up the wing. Should the wing-forward remain well out close to the side-line and some little distance up the field, she will often get a splendid opening. There will be a scrimmage in her own circle between the defending backs and halves and the attacking forwards. The attacking halves soon get drawn in, the backs, hoping to drive home the attack, come up nearly to the '25' line, and the three inner-forwards of the defending side stand just outside the circle. Presently the ball squeezes out of the 'scrum' to the edge of the circle : the defending centre-forward gets it, and passes hard out to the wing. She is standing quite unmarked ; the attacking backs, intent on watching the struggle in the circle, have forgotten all about her. The game is then in her own hands, and she has a splendid run of half the length of the field. By the time she gets to the enemy's '25' the rest of the forwards will be sufficiently near for her to pass back to them, and unless the backs have caught them up unusually quickly they should have a good chance of scoring.

Wings should seldom centre later than at the '25' line, or before they have time to think they will see the backs in front of them, and be forced to pass back through all the opposing defenders. When

the wing is running up the side-line with a half at her heels and a back bearing down upon her, her inclination is to run blindly with the ball—anywhere away from them. She is afraid to try to pass, for she feels certain they will both be upon her before she can get the ball safely away. Pass she must, however, if she is to be of any use to her side.

For the **left-wing** this is particularly difficult, as it is hardly possible for her to pass without a slight pause. Left-wing is, perhaps, the most difficult place in the whole team. Everyone can pass to her easily, as she is on their left, while she has to stop all the passes on her wrong side, and must invariably hit to her right. Centring from the left wing is extremely difficult, and as she runs, dogged by the opposing half, it seems almost impossible for her to get the ball into the middle. If she cannot outpace the half so completely as to give herself time to pass before she is overtaken, her best tactics are to slightly overrun the ball, then turn quickly round with her back to the side-line and centre. If she does this suddenly, the half-back may be taken unawares, and, not expecting her to stop, may run on beyond her. The left-wing should be the fastest runner in the team, as her power of passing must largely depend on her pace. It is important that she should keep out as near the side-line as possible, and, if advisable, she may even run outside the line, provided that the ball is inside.

The **right-wing** has the same duties to perform, but owing to her position they are very much lighter, and her place is, perhaps, the easiest and pleasantest

on the field. She will have more chances of dribbling than any of the others, and should consequently be as tricky and clever with her stick as possible. A good run by the right-wing is always very pretty to watch, and she should be able to finish smartly with a good pass into the middle, sent while she is still running at full speed, for there is no reason why she should stop before hitting.

Both wings should be prompt with the 'roll in,' and, when they see the ball has gone over the line, should run back as quickly as possible to get it. It is quite worth while to pay some attention to the various ways of rolling in, and care should be taken to do it properly, so that the ball should not be called back and the advantage pass to the other side. The ball should be rolled along the ground towards one of her own side, and some understanding should be arrived at either with the half or inner-forward, so that they may know whether or not to expect it.

The wings, too, are usually the players principally concerned in the hitting of a 'corner,' as it is their business to take the hit. Here, again, some plan of campaign should be arranged beforehand, and the wing told whether she is to send the ball to the centre-forward or the inner. She should be very careful to send it nearer the edge of the circle than the goal-line, or the defenders may rush out upon it before her own side can reach it. If she mis-hits the ball, she may not touch it again until it has been touched by some other player; but if she misses it altogether she can try again. Occasionally it may be

deemed better for another player, probably the wing-half, to hit the ball from the corner, and in this case the wing-forward would stand at the edge of the circle, as near the corner as possible, in case of a mis-hit or a weak shot.

The inner-forwards are the least important members of the team, and if a side is obliged to play with only ten, the vacancy should usually be at right-inside. The 'inners' act as go-betweens for the wings and the centre-forward, and their main object when in mid-field or near their own goal is to pass out to the wing, and when in the enemy's territory to pass to the centre. They ought to be able to shoot well and to pass neatly, and, as they will usually have to take the '25' bully, should understand the art of bullying. At a corner and a 'roll in' they must be ready to back up the wing—in the first case standing a few yards away at the edge of the circle, and in the second close up to the 5 yards line. At the 'roll in' the inner-forward's tactics are the same as those described for the half-back. If the ball is rolled to her near her own goal or in mid-field, she should hit it gently back, well in front of her, to the wing, who, expecting this, will have started running up the touch-line the moment the ball left her hand. Near the enemy's goal she may either keep it herself or tip it to the centre-forward. As a rule the 'inners' should be even more unselfish than the other forwards, and never keep the ball to themselves.

When a corner is being taken, it is sometimes decided that the inner-forward nearest the ball shall

take it, if she is a good shot, as the centre-forward is usually very closely marked. More often the 'inner' has to stop the ball, and then tap it to the centre, and to do this she should use her foot, stopping the ball by getting it under the toe of her boot, and then instantly passing.

Inner-forwards may do a certain amount of half-back work, and should always go back to help the halves when pressed. Their duties being to wait on the other forwards, it is always allowable for them to go down the field to fetch the ball, provided that they do not muddle the halves. If the wing or the centre-forward are drawn out of their places, it is the inner's business to step into them temporarily. There should always be someone in the middle of the field, and if the centre gets drawn towards either wing the inner on the further side must take her place; while if the wing works in towards the centre, the inner must go out to the side-line in her place, in case the ball is sent out there.

CHAPTER IX

CLUB MANAGEMENT

THE rules of a hockey club should be as few and as simple as possible, but strictly adhered to. The captain should be the supreme head of affairs, and should be careful not to delegate her authority to anyone else. It is quite unnecessary to elect many

officers : a captain, a vice-captain, and a secretary, are sufficient for all purposes, and, with two others elected from the general body of the club, should form the committee. The secretary's duties must inevitably be somewhat heavy, but with a good captain who does her own share of the work conscientiously she will be able to manage them. It is when the captain shirks her work, and contents herself with the actual duties on the field alone, that the secretary becomes overburdened.

The Captain's Duties.

The captain is the representative member of the club, and most of the entertaining and social amenities devolve upon her. She should be the one to meet visiting teams at the station, to escort them to the ground, and to speed the parting guests after the match. She should introduce the umpires to each other, inquire whether the visitors wish to play full time, and, finally, toss the coin that the visiting captain may call in order to decide the choice of goals. If the visitors arrive one short, she should do her best to find them a substitute if they wish for one ; but although it is often done, it is not necessary for her to offer to let one of her own players stand out that the sides may be equal.

When the game once begins, however, the captain has only her own side to think of. It is not essential that she should be the best player, though if she can combine that with other qualities, so much the

better ; but it is most important that she should have considerable personal influence and authority.

She should avoid giving continual directions during a game, though an occasional hint is often valuable. A word of praise now and then will be very encouraging, but it is a great mistake to find fault while the game is actually going on. Nothing gives a worse impression of an eleven than to hear the captain continually nagging at them ; anything of an unsporting nature should, of course, be noticed at once, but otherwise it should be taken for granted that each player is doing her best. Far more can be got out of a team by a little well-directed praise than by any amount of abuse. Towards the end of a hard-fought game they may often want a little pulling together, and a few cheering words inciting them to one last effort may sometimes turn a defeat into a victory.

A good captain is often worth at least one extra goal to her side by her personal influence alone, and her knowledge of the game will often still further increase her value. After the first few moments' play she will have got a general idea of the strength and probable tactics of her opponents, and noticing, for instance, that their best player is on the left wing while her right-half is one of her weakest, she will perhaps make some change in her team which will remedy this. She should, however, avoid constant changes, which will only disorganize the eleven.

Quite apart from match play, however, the captain

has many duties, and even a new club which has not yet entered on its match career depends largely for its well-being on the captain.

It is she who must manage the practices, and see that they are really worth attending, and that the members are deriving all possible benefit from them. In the absence of a professional coach, she must actually teach them how to play, and decide which places in the field they are best fitted for. The captain, too, is largely responsible for the general tone of the club, for inspiring *esprit de corps* and enthusiasm, and for encouraging friendliness and good-fellowship.

Coaching.

There is a good deal to be said in favour of a **professional coach**, even if only employed occasionally, as a stranger coming among the players is apt to notice faults to which the captain has become so accustomed that she has ceased to correct them. A coach will also have the effect of making everyone play up with more vigour, and, feeling that she can have no possible bias either in their favour or disfavour, the players will take anything she may say in good part. The captain, too, when coaching her club is probably obliged to play herself, and so cannot possibly see what is going on everywhere; also she cannot umpire as well as coach and play, and it is most important that beginners should be pulled up instantly for every infringement of the rules, this being the only way in which they can be made to

understand them properly. A coach should always be the strictest of umpires.

Umpires.

The question of **umpires** is often a great difficulty. Every club must provide at least one umpire for a match on their own ground. Strictly speaking, the visitors should, of course, bring one also, and will have only themselves to blame if they are dissatisfied with the rulings of the home umpire. The ground-man should always be able to umpire in the absence of anyone else, but most clubs ought to be able to find some member of the second eleven who is competent and willing to act for them. People are most unnecessarily reluctant to act as umpires, and seem to imagine that it is a very difficult undertaking. This is quite a mistake : there is no reason whatever why any player who is gifted with a certain amount of common-sense and average sight, and is able to read the rules, should not make an excellent umpire. Captains should insist on all their members taking a turn at the whistle, and during a practice should always make someone officiate, so that she may practise umpiring while the rest practise the game. It is only fair that all should take their share of the less agreeable work.

At the end of the book of rules issued by the A.E.W.H.A. are the following directions :

‘Umpires should give their decisions promptly. In cases where an umpire is so placed as to be doubt-

ful about a claim, she shall decide in favour of the side appealed against.'

Of course, all the umpire's decisions must be absolutely final at the time, even though they may be glaringly incorrect. The only remedy is for a captain to refuse to play again under that particular umpire, but even this determination she must keep to herself till the time arrives when the next game is being arranged. She should be quick to repress any signs of discontent in her team, who, if unused to match play, may not have their feelings sufficiently under control.

Care and Preparation of the Ground.

If the ground-man is trustworthy and up to his work, the care of the ground should be left to him, as he probably knows most about it. If he says it is unfit for play, the match had better be postponed, as to play on a ground in very bad condition cannot be proper hockey, and the injury done to the ground may take weeks to repair.

In order to set out the ground square, measure 3 yards along the goal-line and 4 yards on the side-line from a corner flag, stake these two points, and the measurement between the two should be 5 yards. The striking circle must be drawn in strict accordance with Rule 4. The 5 yards line should be only dotted, or it may be mistaken for the outside line; the centre line and '25' are not usually marked out, the flags at each end being sufficient guide. These flags should not be placed on the side-line, in case of tripping

players up, but about a foot beyond. The side-line must be 100 yards long, but it is permissible to have the ground only 50 yards wide.

The painting of the **balls**, as well as the marking of the ground, should be left to the ground-man, not to the secretary. A club should buy at least a dozen balls to start the season with, and six freshly painted ones should be always ready for each match. There is no economy in cheap balls, as they soon wear out, but a good plan is to buy some second-hand ones from a cricket club at the end of the summer. Every club should have the proper **nets** attached to the goal-posts, and **flags** at the required places on the touch-line; the latter are usually made of the club colours.

Colours.

When choosing the colours for the uniform of the team, it is most important that they should be distinctive, and that the skirts in particular should have some distinguishing mark about them, as this will be of great help to the players when looking for a friend to whom to pass. If a match is arranged with a club wearing the same colours, the home team should change its uniform for that occasion.

Duties of the Hon. Secretary.

The **secretary's** duties are, to arrange the matches, to see that they are properly carried out, to summon meetings, to collect subscriptions, and in some cases to get up the teams from a list of names sent her by

the captain. Making the **fixtures** is, however, her principal business. She should start doing this directly the season is over, beginning by challenging those clubs which challenged her last year, or, in the case of a new club, she may challenge those to which she has any personal introduction. It is usual to arrange two fixtures with each club, one on the home ground and one away. About a week before the match on the home ground takes place she should write to the secretary of the visiting team, suggesting a time for the match to begin, and mentioning the best way of getting to the ground. Secretaries should keep all the correspondence which passes between them, in case confusion as to dates or times should arise later. New clubs should avoid rushing into a long fixture list, and during their first season will do well to give up the idea of matches altogether.

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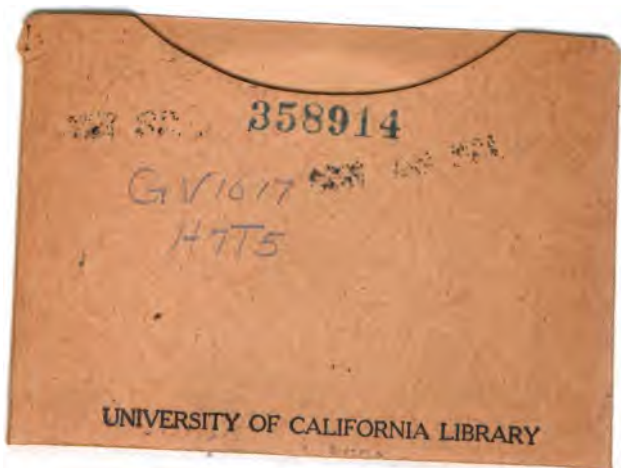
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